

PLEASE JOIN US FOR FREE GUIDED WALKS IN THE BEAUTIFUL ERIE COUNTY PARKS THIS FALL!



Registration for walks begins
at 9:00 A.M. on site

September 15, 2012 – Como Park (Casino)

September 22, 2012 – Isle View (meet at gazebo)

September 29, 2012 – Emery Park (Fiber Fest) (gather at shelter 3)

October 13, 2012 – Ellicott Creek Park (casino for registration)

October 20, 2012 – Sprague Brook Park (casino for registration, screenings)

October 27, 2012 – Chestnut Ridge Park (casino) costume competition, fun Halloween walk, scavenger hunt, orienteering activity

At these walks, you'll be able to learn more about how to get healthy and stay healthy, participate in assorted health screenings including blood pressure, BMI and others.

Assorted health education materials and smoking cessation services, products, and cessation program enrollment available at each walk.

Be Active Erie County! is a series of guided walks for all ages in the beautiful Erie County parks

Questions?

716-858-7226

716-851-4052

Proudly sponsored by:

Erie County Department of Health

Wellness Institute of Greater Buffalo

